

Life's Journeys

A self-taught man from life's lessons

By Rebecca Lyman, Reporter/Ad Sales

"Welcome, come on in."

These are the jolly words one would hear from Douglas Campbell at his front door step.

"I remember quite a bit and I am still here to tell of my life," 76 year-old, soft-spoken elder said. "I was born on Sept. 23, 1937 in the Concho Indian Hospital, boy ... that was way back."

Campbell leaned back in his wheelchair, smiled, and shared memories of the old Agency at Concho.

"I still remember the hospital, it was two story and in case of a fire or something there was a silver slide built to escape. It was on the east side of the building. I remember the slide, because when I was 6 I had to go back to the Concho Hospital when I had pneumonia," Campbell smiled. "It seems like yesterday ... I remember so well, all around were houses at the Concho Agency, offices for the employees to work, the school was down by the railroad tracks, there was the boys' dormitory on the north side and girls' on the south side. There was also employees that lived down on the east side of the street, I also remember the old bakery and there was an old farm."

Campbell knew these things because he lived in Concho with his aunt during his early years.

"All the houses had steamed heat, radiators. There was a fire plant over by the tracks, which is where the heat came from for all the houses." Campbell said his mind was flooded with images of how Concho once looked.

"You know the two white buildings that are back south, behind the community hall, that is where the Navajos lived and would walk across to go to school at Concho," Campbell said. "My aunt, Rose Campbell Tallbear and uncle, Eagle Bird Campbell, they called him Bird, used to have their house where the powwow grounds are now."

Once Campbell relived his days as a 6 year old at Concho, his memories took him to a sadder place.

"My mother is Myra White Buffalo, from Watonga. I was 7 years old when she died of tuberculosis. Her parents were White Buffalos,

which died during the small pox break out," Campbell softly said. "I never knew my mom's family. My mother and father married around 1934 or 1935; my mother was his second wife. His first wife was Rachel Smoker from Canton, He used to ride a horse all the way from Geary to Canton to go over and see her I guess."

Campbell had two siblings, his brother Charles and a sister Caroline Rose Campbell, who died at the age of 2.

"We were raised by my grandmother, Singing After, she also went by Warden. She did not speak English."

After Campbell's mother passed away everyone thought he too had tuberculosis because he was boney.

"When it was time for me to go to school, we were told that I could not go to school, I had to stay home. That was before X-rays were even invented. My aunt Estella Campbell also helped raised me. There were 13 kids in the house, 11 cousins, me, and my brother. We all lived in a one room bedroom house, we laid all over the place when it was time for bed," Campbell chuckled a little. "I remember it being cold at times and waking up to my grandmother making a fire and putting coffee on. It may have been a rough life, but it was alright."

Campbell began grade school at a much later age than most children.

"I was 9 years old when I started school, I was the tallest kid. I knew a lot more than the other girls and boys, because my step-mother, Minnie Tasso taught me," Campbell recalled. "She was pretty smart."

Sometime around 1954 to 1955 Campbell was sent to Riverside Indian School.

"I was down there for about two to three years. In my junior in year I messed up," Campbell said. "I started messing with a girl younger than me so I did not go back to school, I was over at Concho going to see this girl and that is when



Douglas Campbell, 76 year old elder at his home at the Cheyenne and Arapaho Independent Living Center in Clinton, Okla.

Photo by Rebecca Lyman

I started drinking ..."

"One night out at Concho in 1957 ... there were six of us ... all bothered up drunk," Campbell hesitated. "The oldest of my cousins came home from the Navy because he was on furlough. So we all decided to go to Concho to meet some girls. My cousin Bobby Lumpmouth was driving, we hit something and we were going about 60, I really

See Elder's life journey, page 4

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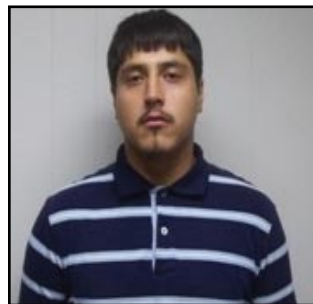
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Man, 22, faces kidnapping and rape charges

By Darrel James
Watonga Republican



Submitted photo
Steven Big Soldier

An enrolled member of the Iowa Tribe now faces several criminal complaints in the Cheyenne and Arapaho Tribal Court for an incident that occurred during a tribal function on Nov. 23, 2013.

Steven Kent Big Soldier, 22, of Tryon, Okla., appeared in person and in the custody of the Bureau of Indian Affairs (BIA) on Nov. 26, 2013 to face charges of kidnapping, false imprisonment, rape in the first degree, sexual assault, and assault in the second degree.

See Big Soldier, page 8

By Rosemary Stephens, Editor-in-Chief

the Bureau of Indian Affairs (BIA) offices on Dec. 2 in Anadarko, Okla.

"We have been delayed again, our Native elders are very disappointed. When you tell an elderly Native person something they expect it. Due to elderly health problems, some are trying to hold on to life, so they can leave something behind for their children and grandchildren, making sure their taken care of," Kathy Ware-Perosi, Indian landowner/Kiowa said. "We were actually told by one attorney that we would be getting

See Cobell payment, page 8

rata shares by the Department of the Interior before The Garden City Group, the Claims Administrator for the Cobell Settlement, can mail Trust Administration Class payments ... that work is ongoing and is nearly complete. Thus if the class membership is finally determined in December, the payments can then be made in the first quarter of 2014, barring any unexpected issues."

The news of yet another delay in payments has made a lot of Native Americans angry, prompting some in southwest Oklahoma to protest outside



Courtesy photo

Protestors rally outside the Bureau of Indian Affairs building in Anadarko, Okla., demanding answers about the second release of Cobell payments that were scheduled to be released December 2013.

Second Cobell settlement payments won't be mailed out by Christmas

Anadarko, Okla.-The second payment from the \$3.4 billion Cobell trust fund settlement won't be going out before Christmas.

A notice on the IndianTrust.com Website states the payments are expected in early 2014 due to the Interior Department is still "verifying who is eligible."

The notice stated, "The Settlement Agreement approved by Congress and the Courts requires identification of all Trust Administrative Class Members and calculations of their respective pro

Spiritual Healing, Cheyenne youth distance runners remember the 1864 Sand Creek Massacre



Photos by Tim Whistling Elk
Morning Star runners beginning their run to honor those who died at the Sand Creek Massacre in 1864.

Tim Whistling Elk’s Facebook posts were filled with respect and support for the youth he and his wife, Rachel Two Two, had chaperoned to Colorado to participate in the 149th anniversary of the 1864 Sand Creek Massacre

run during Thanksgiving 2013. “Joy,” “pride,” “love,” and “priceless” are some of the words Whistling Elk used in his messages to describe the emotion and progress of the Morning Star Runners who had come together to complete the 175 mile journey from Eads, Colorado to Denver. The 11 boys and girls ran in relay teams over distances of one mile or more to honor the victims and survivors of the massacre and to promote the healing of the Cheyenne and Arapaho ancestral homelands. Some of the runners carried the Morning Star flag and others carried an eagle staff. “There were times when the group almost gave up in participating in the annual run,” said Whistling Elk, but he believes that, “through the power of prayer the ancestors helped make it happen.” Some of the children’s parents and relatives followed their run through the multiple posts and photographs that Whistling Elk shared on his Facebook page. A grandparent wrote, “I am so waiting to hear about my grandkids experience.” Another post complimented Whistling Elk on, “making it known to the kids that it is an interesting and fun world out there besides drugs.” While in Denver, the group went to a Denver Nuggets basketball game to celebrate their accomplishments.



Another evening the group attended a celebration dinner and ate cake just prior to driving to a candlelit vigil at the Wheel Art installation by Cheyenne and Arapaho artist, Edgar Heap of Birds, at the Denver Art Museum. Two-thousand and fourteen (2014) is the 150th Anniversary of the 1864 Sand Creek Massacre. It is sure to be a big event developed in collaboration with the Cheyenne and Arapaho tribal representatives, Colorado leaders, community and national dignitaries. The public is invited to next year’s event so mark the calendars and make plans to be in Colorado on Nov. 29, 2014. “We have a definite feeling that the Morning Star Runners will be present with their enthusiasm and running shoes tied securely ... ready to do it again.”

Little Bird shares his journey, 15th annual Sand Creek Run

Hi, my name is Henry Little Bird Sr. and I am one of the Southern Arapaho Culture and Heritage, Sand Creek representatives and representative of the Native American Graves and Preservation Repatriation Act (NAGPRA). During the week of Thanksgiving, it was my privilege to help with the 15th annual Sand Creek Massacre Healing Run. It was my first time to do so and would like to share my experience. Joe Big Medicine, the Southern Cheyenne NAG-PRA and Sand Creek representative participated also. Joe has been involved with the Sand Creek Healing Run from the beginning. The run started from the massacre site outside Eads, Colo., and ended in Denver at the Colorado State Capitol. After a brief ceremony the run proceeded. Thanks to Otto and Vanessa Braided Hair from the northern Cheyenne tribe, there were approximately 25 runners ranging in age from 4 years old to the leader, Otto, who is in his 40s. They were Cheyenne and one northern Arapaho boy, all from Lame Deer, Montana. The runners ran in the relays with the youngest girls and boys starting the run by running in pair relays of approximately one-quarter to one-half mile for the first seven miles. Then they switched to the adults who ran about one-half to three-quarters of a mile at a time in two different groups. Our first stop was in Eads where Karen Wilde

from the National Park Service and her crew prepared Thanksgiving dinner for the Cheyenne and Arapaho runners and support group. The support group consisted of approximately 30 people and ten vehicles. They took the first runners to where they began. Then they took the next relay to the location where they would begin. They provided food and water to the runners. The group stopped in three towns so the runners could rest and be fed. Gail Ridgely, the northern Arapaho representative brought their ceremony staff to the cemetery in Denver where there was an honoring ceremony for Captain Silas Soule. Captain Soule disobeyed orders and refused to fire on the group. By his actions he saved hundreds of lives. Without his actions the Indian people would have all been killed and we would not be here today. He made a report detailing what really happened and was later assassinated. David Halaas, a non-Indian historian that works with the northern Cheyenne, told the story of Captain Soule. A number of other Indian people and reporters were present. Everyone was moved by the story and the ceremony, some even to tears. After the ceremony the northern Arapahos joined with our staff with other runners in running to the State Capitol in Denver. Descendants of the massacre, Joe Big Medicine,



Otto Braided Hair, Gail Ridgely, Virginia Allrunner and myself all spoke at a gathering there. We spoke of the continuing loss and suffering from the massacre including the loss of ceremonies and traditions because of the deaths of the elders and young children that would have carried it on and told how our tribes were pushed away from the beautiful mountains and foot hills to sandy fields where it was almost impossible to grow anything for food. We also proudly proclaimed that the Cheyenne and Arapaho people are



Photos courtesy of Henry Little Bird
Henry Little Bird

still alive and strong. For more information about NAGPRA contact Arapaho Sand Creek representative, Dale Hamilton, at (405) 422-7714.

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Governor Boswell's Elders Christmas
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The Cheyenne and Arapaho Transit Program will provide transportation services from the following towns and cities to Concho, Oklahoma for Governor Boswell's Elders Christmas. Return service to stop locations will be provided for passengers when the event has concluded. Each transit vehicle will accommodate 10 passengers and 2 wheelchairs. Listed below are four routes; each identifying the town, location, and pick-up time to get passengers to Concho by 10:00 a.m.

Town	Blue Route Location	Pick-up Time
Hammon	Comm. Hall (801 Dunn St.)	6:45 a.m.
Elk City	Love's Travel (2703 E. Hwy 66)	7:15 a.m.
Clinton	Transit Office (Old IHS Brown Bldg.)	7:45 a.m.
Weatherford	Hutch's (Main & 7 th Street)	8:15 a.m.

Town	Green Route Location	Pick-up Time
Longdale	Jiffy Trip (HWY 59 & 1 st Street)	6:55 a.m.
Canton	Community Hall	7:10 a.m.
Selling	C-1 Office (411 N. Main Street)	7:45 a.m.
Watonga	Indian Clinic (South of Town)	8:30 a.m.

Town	Red Route Location	Pick-up Time
Oklahoma City	On Cue (Reno & MacArthur)	7:45 a.m.
Geary	Community Hall (121 E. Main St.)	8:45 a.m.
Calumet	Jiffy Trip	9:05 a.m.

Town	Yellow Route Location	Pick-up Time
Kingfisher	Love's (203 S Main Street)	8:45 a.m.
El Reno	Save A Lot (400 W. Sunset Dr.)	9:15 a.m.

Big Horse receives outstanding Human Rights Achievement award

(Oklahoma City) Cheyenne and Arapaho tribes’ Lt. Gov., Amber Big Horse was one of those awarded the outstanding Human Rights Achievement awards on Dec. 10, 2013 at the Oklahoma State Capitol in Oklahoma City.

The award is sponsored by the Oklahoma Universal Human Rights Alliance (OKUHRA). Their mission, as stated on the award, “...is to be a guardian of liberty, working daily in courts, legislatures and communities to defend and preserve the individual rights and liber-

ties that the constitution and laws of the United States guarantees everyone in this country.”

Arapaho Chief, Patrick Spottedwolf opened the ceremony and OKUHRA Chairman, Wallace Collins was the master of ceremonies.

Also recognized for their outstanding Human Rights Achievements were Don Wolf, Ted Metscher, Jody Harlan, Diety Madrid, Rey Madrid, Mary Francis, Nathaniel Batchelder, R.L. Doyle, Milton Combs, and the Dream Act of Oklahoma.



New case filed in Supreme Court for elections, no decision in pending cases

Another appeal has been filed contesting the Cheyenne and Arapaho tribes’ election for governor/lieutenant governor.

Roberta (Bobbie) Hamilton announced on her Facebook page that she and her running mate, Jerry Levi, “have retained an attorney and filed in the tribal Supreme Court.

The appeal was filed on Wednesday, Nov. 26, 2013, 22 days after the election, and will be heard at 11 a.m. on Tuesday, Dec. 17, 2013.

The three Supreme Court justices are currently considering two other appeals of the governor’s election. One appeal, filed by Darrell Flyingman, and one appeal filed by Joyce Wood.

Flyingman told justices that he was improperly kicked off the governor’s ballot and Wood alleges the Cheyenne and Arapaho Election Commission did not properly follow the tribes’ election rules in the legislative elections.

Justice Daniel Webber said, at the conclusion of Wood’s case two weeks ago, that the court would discuss the cases by phone on Dec. 4. He said the justices

could make a decision then but would have to write their opinions and he did not know how long that would take. (As of press time no decisions had been handed down in either case.)

The Cheyenne and Arapaho tribes’ administration offices, including the courts, have been closed for several days due to winter weather.

According to court transcripts, the justices have indicated that they are open to potentially setting aside the election results if sufficient evidence exists.

Roberta (Bobbie) Hamilton is contesting the tribes’ Election Board’s decision that declared her opponent, Rollin (Eddie) Hamilton a one-vote winner. The two are not related.

Eddie Hamilton was declared the winner after the Election Commission recounted votes two times. Immediate results the night of the election had Bobbie Hamilton winning by ten votes. After verifying the votes, the Election Commission declared the race a tie. After an appeal of the results, the Election Commission recounted the votes again, declaring Eddie Hamilton the winner by one vote.

By Rex Hogan

Osage Nation criticizes eagle-death rule change



TULSA, Okla. (AP)-The federal government’s decision to allow companies to seek authorization to kill and harm golden and bald eagles without penalty has come under fire from the Osage Nation.

The wind energy industry requested the change, and President Barack

Obama’s administration announced its decision last week.

The Oklahoma-based tribe favors protecting eagles because of the birds’ symbolic significance to Americans and religious and ceremonial significance to Native Americans, said Osage Principal Chief John D. Red Eagle and Assistant Principal Chief Scott N. Bighorse.

“President Obama knows how important eagle feathers are to us: He was adopted into the Crow Nation and was adorned with a full war bonnet containing eagle feathers from head to toe,” said Bighorse, who is concerned that future generations to obtain the eagle

feathers.

Chris Tollefson, a spokesman with the U.S. Fish and Wildlife Services, told The Journal Record that 15 companies have applied for the permits. The policy is not limited to renewable energy projects, and Tollefson said utilities, building companies and the military have expressed interest in applying for permits.

“The companies have applied for various lengths of permits,” Tollefson said. “Although some companies are close, we have yet to issue one.”

Osage Nation leaders also said they were opposed to wind farm development in Osage County because wind turbines are

planned in areas where a significant number of eagle nests are located, Red Eagle said

The new rule will provide legal protection for the lifespan of wind farms and other projects if companies obtain permits and make efforts to avoid killing protected birds.

Companies would have to take additional measures if they killed or injured more eagles than they initially estimate, or if new information suggested that eagle populations were being affected. The permits would be reviewed every five years, and companies would have to submit reports of how many eagles they killed.

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Elder’s life journey

continued from pg. 1

don’t remember since I was drunk too.”

Campbell woke to find himself laying in an emergency room.

“Leave my face alone, you don’t need to get the pimples ... I had felt someone pushing on my skin and thought they were trying to pop pimples, but really I was in the Lawton Hospital. Bobby Lumpmouth, Curtis Big Eagle, Leon Blackowl, Redfoot Loneman, Tony Loneman, my foster brother Robert Andersen and myself were all in that car. We all survived the crash, but today they are all gone, I am the only one left,” he said.

Campbell spent four months in the Lawton Hospital.

“I wanted to die when I first looked at my face. I lost my left eye and at one time I pulled all the cords out of my body, forcing the nurses and doctors to tie me down. I wanted to die,” Campbell said as he touched his bandage that covers his left eye. “I recall being in the hospital at night, listening to the boards come back up, it was a wooden hospital. It sounded like someone was walking down the hallway. There were no private rooms, just one big room with only a curtain between you and someone else.”

Campbell said he made it through and decided to settle down for a while, but alcohol always seemed to find him.

“About a year later I messed up again ... over some girls and drinking. My brother got me into it,” Campbell laughed blaming his brother for his actions. “We stole some gas over there at Concho, and picked up some girls and took them with us back to Geary. My grandpa showed up at the house a little later asking where the girls were. I just told him I did not know. Finally I gave in and started hollering for them and they all came out of hiding.”

Concho courthouse is where Campbell found himself next.

“So we had to go back to Concho to the court over there, the judge sent me, Tony Loneman and my brother to Chilocco Indian School and we were all banned from Concho. The only times we could be out at Concho was during business hours.”

During his time at Chilocco, Campbell received a letter that would force him to leave the school.

“Instead of jail we went to school, we had no choice but to go. So while I was there, I decided to become a CPA, since I was pretty good at math,” Campbell said. “A letter from my woman preacher was sent to my school requesting that I come home saying that my grandmother was alone and that I needed to go see about her and my grandmother was blind. At that time my aunt Stella and her kids were staying there.”

Campbell and his brother hitch hiked home early in the morning and arrived at their grandmother’s place that evening.

“I walked up to her, put my arm around her and said Nawah, it is me Douglas, I am home. I spoke to her in Indian,” Campbell sat quietly for a short time. “When my aunt and cousins got home from the state fair, I raised hell with them and told them to all get out.”

Campbell stayed and took care of his grandmother even found job making posts out of wood for fencing.

“I remember the Sun Dance days with my grandmother. We would go to Sun Dance ... she carried the wheel and I went every year with her. I went through Sun Dance myself,” Campbell said. “Now days all these people want money to go up there. We worked and saved our money to go up there. It is supposed to be a sacred Sun Dance, it is not the same

today as it was when I was young. Back then they had camp criers, now days they have microphones. Now they have all these short cuts, people sit down and rest, we never sat down, my lips would be chapped, the ground would be dusty, and I never had a drink. Your supposed to sacrifice and endure hardship until the sun goes down. Today they water the ground to keep it from getting dusty. I learned a lot, I think that is why I am still alive.”

Campbell said there is one thing he has yet to understand and does not know what it means.

“There is four generations who has blindness in our left eyes, my grandmother, my aunt, me and one of my granddaughters, I don’t know why and don’t know what it means,” Campbell said with a sorrowful tone. “My grandmother gave me her land later on down in the years. I took care of my grandmother and she took care of me, my grandmother lived to be 101, before she died her hair grew back black.”

Later in life Campbell met Elvena Starr, wife and mother of his children.

Elvena and I had four children together, Myra, Edwina, Douglas, Debbie, and I raised her two boys as well,” Campbell said. “I went to school in Okmulgee, taking air conditioning. I had taken a job in Tulsa, but I quit, because she wanted to go home, but what I didn’t know was she was writing a guy all the time, the one she eventually moved in with. I took a job in Crescent City, LA. We were laying pipes in the swamp. I got a promotion as a tech; we sank the pipes in the water. I would take an x-ray machine and look over each pipe to make certain they did not have any cracks.”

After Campbell and his wife separated he found himself at the bottom of a bottle

and a new job in Anchorage, Alaska.

“After the job in Louisiana was complete, I went over to a party with a few of my co-workers and got drunk, the next thing I knew I was in Albuquerque, N.M. I kept on drinking, until we reached Seattle. I was not flying to Anchorage, so I rode the bus. I worked there for four months. There was no recreation time and I started to miss my kids so I went back home,” Campbell said.

Campbell kept on working all over Oklahoma doing odds and end jobs so that he could take care of his kids.

“Drinking has been a big part of my life, all I did was drink and work,” Campbell said.

He said after going on a bender of all benders, and an accidental fire Campbell decided to finally quit drinking when he was 69.

“Seven years ago, me and my wife Helen lived in Geary. Helen got sick and she wanted to be with her children in Tahlequah, so she went to stay with them,” Campbell calmly said. “Well while she was gone, I held parties at our home all the time. I had a friend; Marty and he would come over all the time. Being in a wheel chair and having arthritis I was just fine being at home drinking as to going to a bar. One night my friend Marty came over and decided to go to a bar. Later on he came back and I had a candle lit on an entertainment center, when he opened the door the draft pushed the nylon curtain into a flaming candle and the fire went up fast, it started to burn up stairs and in the breeze way of the apartments.”

Campbell sat in silence again for a short time, his voice cracked.

“My friend Marty died in that fire,” Campbell cried. “I would not want anyone to ever drink.”



Douglas (bottom right) with his aunt Estella Campbell (top left), his grandmother, Singing After (top right), and his younger brother, Charles (bottom left), in front of the home he grew up in, 1944.



Douglas with his brother Charles taking a photo during a trip to Colorado.

Campbell and Helen married 17 years ago and have a life together today with their children, grandchildren and great-grandchildren.

“Five years ago I had a stroke. My wife and I both have quit drinking and we are happy living here at the Cheyenne and Arapaho Living Center,” Campbell said.

“I try to tell people not to drink, I know that most won’t listen, but I am going to tell them anyway. Everything I learned through out my life, I had to learn myself. I had to work hard to raise my kids- but I made it and other people can too, don’t make the mistakes I have made. Don’t drink your life away.”

Promoting healthy lifestyles with healthy heels campaign

ALBUQUERQUE - Part of the holiday season includes eating food that ranges from ginger bread cookies, candy canes and lots of chocolate in any form.

This season Futures for Children (FFC), a nonprofit organization that provides quality educational experiences to empower American Indian students through leadership development and mentoring within New Mexico, Arizona and Oklahoma, decided to provide their youth living on reservations a healthy alternative for seasonal sweets with holiday stockings that include items intended to encourage a healthier lifestyle.

The Healthy Heels for the Holidays campaign consisted of stuffing more than 1000 Christmas stockings with fruit, healthy snacks, oral care products, balls, jump ropes, hand sanitizers and

other “good for you” items for children to utilize.

“American Indians, more than any other ethnic or racial group, suffer the highest percentage of childhood obesity and Type 2 diabetes,” said Debby De La Rosa, Director of Program Administration at FFC. “For that reason, we sought donations from local businesses that included beneficial items in hopes to instill in our children a healthier lifestyle that will last a lifetime.”

An abundance of donations from individuals and corporations supported the healthy effort. Participants were O’Dell Financial Services, Lovelace Health System, Presbyterian Healthcare Services – Robert Meza, Greater Sandoval County Chamber of Commerce - Nick Vuillemot, Walmart, Smith’s Food and Drug Stores, Eric Stanley DMD – Perfect Teeth, Paul Apodaca



and Sue Casarez, Office Max, Trader Joe’s, Anytime Fitness on Juan Tabo and a meet-up group known as, Active Boomer Singles.

Futures for Children depends on grant funding and individual donations www.futuresforchildren.org/about/donate to expand its programs which encourage Indian students to develop into young leaders who find their voice and take action, while taking pride in their cultural identities.

Coyote Thoughts: My Best Christmas Present

By Beau Washington, Tribal Tribune Correspondent

Natives are often the most generous people. To give something to show you appreciate another person is one of the most enjoyably things I know.

Christmas giving can have unintentional side effects. I have had great years and just as many thin years around Christmas. The Christmas onslaught of commercials and the expectations of warm places with good people create pain when life doesn’t measure up.

There have been many years when I was scraping by, not homeless, but not having any extra money to make me feel happy and buy the gifts for my friends. I remember being given Christmas presents and on one hand feeling joy, but quickly the ‘punch in

the stomach’ feeling hit me because I could not afford anything for them. It was a sad, empty, and shameful feeling that I could not return the favor and I could not talk about it. There is a lot of pressure being short on cash.

Adding to the pressure was believing that I had to buy gifts to show someone how much they meant to me. Being broke or poor is its own punishment, as tires need to be replaced, heating bills arrive and of course having food and gifts for the kids. Often being overwhelmed days before Christmas and then receiving a gift adds to the sinking feeling rather than a joyous time for the Christmas season.

In the old days, everybody got hand made gifts from

their parents and ancestors. But now in the 21st century we buy the things we need rather than make them.

Beth and I are fortunate that our parents gave us the gift of being able to work with our hands. Both of us can make things for gifts. Often it takes us hours but the gifts are affordable and to us, they mean more. Buying gifts has long passed for us and we are very happy it has.

One year for my birthday a friend mowed my yard for his gift to me. What a cool thing to do. He gave his time and effort for me. That was better than a wrapped gift. I still remember it many years later. The best gifts that I get are the ones when somebody tells me how they are glad I

am in their life or that I add a quality and laughter to their day. These nice unexpected heart-felt words from friends make my heart soar like an eagle. It is hard to beat something like that. I can carry that with me forever.

Words can be more precious than diamonds. They are always with you. They can lift you up and warm you on a cold miserable day. Most of all, you can give these words away and still have them. They are meant to be shared. Be generous with your thoughts, words and kindness.

Most people give to give, not to receive. If you are short on money, return the gesture with the priceless gift of heart felt words. This is my gift to you.

American Legion Auxiliary tours veteran facilities in Oklahoma

Submitted by Sherree Bertolasio



Submitted photo President, Debra Densmore and her Auxiliary Elves at the Norman Veterans Center.

American Legion Auxiliary President, Debra Densmore, recently completed her week long Christmas tour of the seven Veteran Centers and two Veteran Affairs (VA) hospitals located throughout the state of Oklahoma. She “led the way” as she marched with her Auxiliary elves through several wards in the Oklahoma City VA Hospital on Dec. 2, 2013.

Guided by the VA Hospital representative, Ora Nixon, and other members of the American Legion Auxiliary, she presented gifts of Christmas mugs, warm scarves and diabetic socks (if needed). She also gave each patient a Christmas card containing a crisp one-dollar bill and a small calendar.

The auxiliary tries to take time to thank each veteran for their service while visiting the VA hospitals and Veterans centers. Most people

would be surprised to see how much joy just one card and dollar can provide to a recovering veteran in the hospital. What most do not realize is that it is not the dollar amount; the important thing is the amount of caring and compassion received by the patient and their families, especially at this time of year.

Singing Christmas carols and military marching songs to the patients and residents seems to bring happiness to all involved. Some veterans even requested specific songs that must have brought back many happy memories of holidays past.

Densmore knows that some gave all and she believes that all can give some, if only a smile and a Christmas card and a chance to reminisce about days past at this most joyous time of the year.

A heart-rending hard luck story and an impulsive act of kindness: Would you take in a stranger at Christmas?

Barbara Nash unwittingly took in a stranger at Christmas.

The fateful knock on my door came just six days before Christmas. I was curled up in front of the fire, reading poetry and enjoying a rare moment of calm when suddenly my peace was broken by the doorbell.

When I opened the front door, I found a strange, rather scruffy young man slumped against the wall.

In Army trousers with a kitbag over his shoulder, he said he was a soldier just back from Afghanistan and desperate for somewhere to rest.

James, as I'll call him, was 26, freezing cold, soaked through and clutching a bottle of antibiotics.

There was no doubt he was ill, homeless and distressed, his eyes kept filling up as he spoke and tears dripped down his face. 'I've just got back to Britain, my girlfriend dumped me for another man and I have nowhere to stay,' he said.

'And I'm so exhausted and upset that if I can't find somewhere to lie down and sleep I'm going to commit suicide.' Incredible as it might seem, I found myself ushering him in and brewing hot tea.

Call it festive goodwill or a moment of madness, but I didn't even think twice, here was a sick, deserving soldier who needed my help, and that touched my heart.

After all, at Christmas are you not supposed to help those in need? Isn't it the Christmas story that Mary and Joseph had nowhere to stay but were given a bed in a stable? So how can anyone say: 'No room at the inn?'

I certainly couldn't. So inviting him in seemed the right thing to do. While I never intended for him to stay more than a few hours, when he had told me and my partner Gemma his story, letting him stay in our house seemed natural, too.

Once in the living room, James settled shivering into an armchair by the fire, pulled off his soaking wet boots and tucked into the tea and tomato soup we brought him.

He said he was from the next town along from Snape in Suffolk, the little village where we've lived

for the past six years in a beautiful detached house.

But when I suggested phoning someone to collect him or driving him back to barracks, he said he had nowhere to go.

He seemed well mannered and reasonably educated. His Army talk was authentic, I'm a journalist, so not easily fooled, and a lot of soldiers from our area have been killed in action, so it's an issue close to our hearts.

We had only recently sent off boxes for the local Perk Up A Para campaign; now, suddenly, we had our very own Para to perk up right there in our front room.

And James was clearly desperate, living rough with nowhere to go for Christmas, as he kept saying between sips of soup.

I was horrified. My Catholic guilt, primed by a church service the preceding evening, was roaring at me to take him in.

I began thinking about the bedrooms already made up for the guests arriving on Christmas Eve, and the fact that it was dusk and getting dark.

If he slept rough and died from cold, or killed himself in desperation, I would never be able to forgive myself.

In the end, I thought it could do no harm for him to stay a few nights. Gemma took pity on him, too. We didn't feel concerned for our own safety, as he was obviously too weak and unwell to be a threat to us. He was coughing, spluttering and struggling to breathe.

We had plenty of space and food, so we thought it was meant to be. This was our chance to help someone in need.

So we showed this pale, cold, polite and exceedingly grateful young man to our spare room and tucked him into bed. He was delighted when we said he could stay for a few days until our friends arrived, even asking which wine we drank so he could buy us a present in thanks.

While Gemma was making him more soup, I told him of my horror of suicide after once seeing a man hanging and that I was worried he would do the same after all his

threats.

'I feel safe here,' he said. 'I won't do anything to harm you or myself while I'm here.'

Despite his words, I didn't believe him, so I put myself on suicide watch. When Gemma went to bed, I sat in an armchair in the room next to him, a blanket over my legs and one of our two cocker spaniels sleeping on my feet, listening for any untoward noises.

He didn't seem to sleep any more than I did. He was constantly moving around, making the floorboards creak, often coming out of his room, seemingly to go to the loo.

I wondered if he ever settled. He only did in the daytime, when he'd doze off in between the stream of DVDs he watched on the TV by his bed, while Gemma and I brought him trays of tea and festive fare.

He did well on the food front because Gemma is a former BBC food editor and an excellent chef. We wanted to feed him up so he'd beat his illness and be better equipped for the elements when he left us.

So we plied him with tomato juice, homemade vegetable soup and a full cooked breakfast every morning. We took him mince pies with custard and Gemma made pancakes and omelettes when he said he was partial to them.

I did once catch him using the phone without our permission, but his eyes brimmed with tears when I asked what he was doing.

He kept saying: 'I'm so sorry, so sorry, I'm trying to get a reconciliation with my girlfriend, but she doesn't want to know.'

And I thought, well, I'd try the same if I was him. He offered to pay for his calls from a building society book he had with him, but I refused, saying that as long as they were local it didn't matter.

We worried whether he'd leave on the day before Christmas Eve as arranged, but we needn't have - that morning, he was downstairs, good as gold, ready with his kit bag to say goodbye and thank you.

It wasn't awkward at all and we thought the whole episode had gone smoothly. We congratulated ourselves on having done the right

thing by following our instincts and helping a person less fortunate than ourselves instead of slamming the door in his face.

That is, until I went into his bedroom and found a noose made from a tow rope on his bed. Worried about his mental state, I called the police. And that was when my trust in humanity was shattered.

When I gave his name, I heard a loud guffaw at the other end. 'He's never been to Afghanistan in his life!' said the policewoman.

While I listened in horror, she explained that James was a con-man, well known to the police, who was wanted for non-payment of a huge number of hotel bills. He'd probably stolen the kit bag and Army clothes.

I was shocked, upset and dismayed, and much more so when the policewoman told us to check his bedroom.

We discovered an antique lamp was missing, along with the money for the milkman and window cleaner. When we checked the drinks cabinet, we also noticed the bottles of Southern Comfort, gin and Jack Daniels had got lighter.

Suddenly, I realised what a fool I was not to have seen through his lies. With the benefit of hindsight, it all seemed so obvious.

When our friends arrived for Christmas the next day and heard what had happened, they were stunned that I could have been so naive. I've never been told off so much in my life, and the lectures continued from every person I told afterwards.

Even more so when I swiftly developed the chest infection he'd had, little wonder given that he'd been coughing and spluttering all over me.

So I spent Christmas ill, and also the next two months. It was the nastiest virus I've ever had and at one stage it was feared that it would turn into pneumonia.

James was picked up by the police in Felixstowe in the middle of January; he'd been sleeping rough in a railway siding. The antique lamp was returned to us and we said we didn't want to press charges.

Though the incident upset me,



I didn't feel as angry with him as perhaps others would have done because so much of what he told us was genuine: he is homeless and was ill.

The stranger was treated to a full cooked breakfast every morning by his kindly hosts

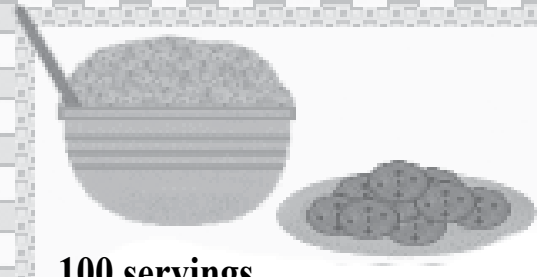
But we were conned, we took him in only because he said he was a soldier. We also discovered from the police that his girlfriend hadn't dumped him; she was staying with her family.

By calling the numbers James had dialed from our house, which came up on our bill, we were able to speak to his mother.

The reason his mother had refused to have him home is that she'd given him so many chances in the past that he had wasted, and he was a bad influence on his younger siblings.

She was sorry when she heard what had happened to us and wrote us a sad letter apologizing and ex-

See Act of kindness, page 8



Breakfast Burritos

Cooking with USDA Foods

Furnished by the Food Distribution Program



100 servings

Ingredients Weight Measure

- 3 lb all purpose egg mix
- 1 gallon water
- 2 lb Pork, Sausage, thawed
- 3 lb 6 oz chopped chilies, canned
- ¼ cup Salt
- 1/4 cup garlic powder
- 8 oz shortening
- 2 lb cheese, cheddar, reduced fat, shredded
- 10 lb frozen potato rounds
- 100 7" Tortillas, enriched flour

Directions

1. In a large bowl beat eggs and water thoroughly, according to package directions.
2. Brown sausage until all signs of pink have disappeared and

internal temperature is 165F. Drain and discard fat.

3. Add salt, green chilies, garlic powder, and crumbled cooked sausage to egg mixture. Mix until well blended.
4. Place shortening in 12" x 20" baking pan and heat until melted.
5. Pour egg mixture into cake pan with melted shortening and bake at 350F, in conventional oven, until set.
6. Bake potato rounds at 350F for 15 minutes, in conventional oven.
7. Add cooked sausage, potato rounds, and cheese to cooked egg mixture. Gently mix well, being careful to not break the potato rounds apart.
8. Using a #12 scoop (1/3 cup), portion into a heated tortilla, fold top down and sides inward. Place seam side down for serving.

****All thawing time should be in the refrigerator.**

Holiday Cooking Safety Tips

Keep the kitchen off-limits to young children and adults that are not helping with food preparations to lessen the possibility of kitchen mishaps.

When cooking, do not wear clothing with loose sleeves or dangling jewelry. The clothing can catch on fire and the jewelry can catch on pot handles, causing spills and burns.

Cook on the back burners when possible and turn pot handles in so they don't extend over the edge of the stove.

Never leave cooking unattended. If you must leave the kitchen while cooking, turn off the stove or have someone else watch what is being cooked.

Keep holiday decorations and kitchen clutter away from sources of direct heat.

BRIEFS AT A GLANCE			
Managing Contract Health Services and Leveraging the Affordable Care Act Jan. 9-10, 2014 in Albuquerque, N.M. For more information or to register visit www.falmouthinstitute.com .	Administrative Assistants: Building the Foundation Jan. 22-24, 2014 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com .	The fourth annual Native American Human Resources Conference Jan. 26-27, 2014 at the Penchange Casino Resort in Temecula, Calif. For more information or to register visit www.nativenationevents.org .	Social Media for Tribal Governments Jan. 27-28, 2014 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com .
Introduction to Tribal Grants Management Jan. 22-24 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com .	Casino Accounting and Auditing for Indian Gaming Organizations Jan. 23-24, 2014 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com .	The Tribal Workplace in the Digital Age Jan. 27-28, 2014 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com .	Indian Country's Employment Law Update Jan. 30-31, 2014 in Phoenix, Ariz. For more information or to register visit www.falmouthinstitute.com .
Professional Excellence I for Tribal Secretaries and	Indian Housing Law Jan. 22-24, 2014 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com .	Basic Budgeting for the Tribal Organization Feb. 20-21, 2014 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com .	Native American Leadership's Forum: General Management Exchange March 12-14, 2014 in Palm Springs, Calif. For more information visit www.nativenationevents.org .
			Conducting Credible Tribal Elections March 17-18, 2014 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com .



Canton Head Start Center



Ms Mary and Ms Amanda’s Class

Please bring me dinosaurs, balls, cars and play food.
Elijah Rogers

Please bring me a truck and I want to drive in it, with a wheel and a pedal.
Adrian Beaver

Please bring me presents. I want dolls and animals that’s all!.
Cameron Watan

Please bring me princess toys, dolls, a Hello Kitty dress, and a princess dress.
Quilynn Holsapple

Please bring me a batman house, a dinosaur, a dump truck, a robot Caden, and lego’s.
Carson Cavett

Please bring me a Barbie mermaid, a Barbie princess and two baby dolls.
Nicole Foxworthy

Please bring me candy, a Mickey Mouse clubhouse and puzzles.
Cashion Murray

Please bring me a horse farm, cow farmer, Playdoh toys, and zombie toys.
Kayli Kopf

Please bring me a cash register, play money, tape measure, helicopter, 4-wheeler, princess, paint with paint brush, Playdoh, a fish, a book and stickers.
Imieigh Jones

Please bring me pickles, dolls, princess toys and a pink Batman with batteries.
Makayla Daniell

Please bring me more games for my leap pad and I want an alligator.
Caden Smith

Please bring me a firefly, candy and toys. I had a good Thanksgiving.
Zoe Denton

Please bring me candy, trucks, cars, and a dolphin.
Kristopher Ruiz

Please bring me a doll, a princess, a ballerina dress. I was really good this year.
Kinley Miller

Please bring me dolls and puzzles.
Donna Elkshoulder

Ms. Kathy and Ms. Camy’s Class

Please bring me a big, big, giant dozer, a batman mask and costume, and dinosaurs.
Cooper Baker

Please bring me a really fast race car.
Trigger Killman

Please bring me a 4 wheeler, skyscraper, and a trampoline, and a big bed we can jump on.
Maxwell Schweer

Please bring me a ducky and a doll and a fish.
Arianna Plain

Please bring a new car for my mama and a new truck for my dad, a new spiderman, tv, and batman with batteries.
Hunter Daniell

Please bring me a boat like Levi and a truck.

Please bring me a Barbie, fish, playdoh, stickers, and a vampire costume.
Livia Four Horns

Please bring me toy blocks, dolls, elephants, and jewelry.
Alta Birdshead

Please bring me toys like motorcycles, trucks, and airplanes.
Aiden Green

Please bring me a ball, trampoline, play food, and play dishes.
Alexa Thunderbull

Please bring me dolls and new dance dress.
Clayton Gartrell

Please bring me cars and puzzles.
William Four Horns

Please bring me dolls, puzzles, colorful beads and things.
Charli Murray

Please bring me a Barbie, dress up clothes, and blocks.
Kinlee Roberson

Please bring me blocks and monster trucks.
Dalla Meta

Please bring me cars, hors-es, and trucks.
Kasin Whetstone



Clinton Head Start Center



All I want for Christmas is some cars.
Aiden P.

All I want for Christmas is a Spiderman.
Angel B.

All I want for Christmas is Minnie Mouse stuff.
Mallory B.

All I want for Christmas is some cars.
Elias C.

All I want for Christmas is a choo-choo train.
Cameren C.

All I want for Christmas is a basketball.
Dyson E.

All I want for Christmas are baby dolls.
Cheyenne H.

All I want for Christmas is princess stuff.
Iselda L.

All I want for Christmas is dinosaurs.
Julian H.

All I want for Christmas is candy canes and a princess doll.
Eriana M.

All I want for Christmas is Barbies.
Abigail P.

All I want for Christmas is cars.
Edel R.

All I want for Christmas is a football.
Kyree W.

All I want for Christmas is a princess doll.
Marcella C.

All I want for Christmas is a bike.
Makayla B.

All I want for Christmas is a puzzle.
Ralston T.

All I want for Christmas is a Barbie with blonde hair and a motorcyle and helmet.
Arlena K.

All I want for Christmas is Angry Birds and Star Wars.
Elrond B.

All I want for Christmas is a baby doll.
Britney K.

All I want for Christmas is a Tinkerbell doll.
Zoey G.

All I want for Christmas is a remote motorcycle with a man on it.
Uriah R.

All I want for Christmas is a car.
Nathan R.

All I want for Christmas is Barbie with a car.
Dezlyn B.

All I want for Christmas is a tow truck pick up.
Kai K.

All I want for Christmas is a new Xbox game, a doll, some doll cloths and a new purse for mom.
Jaidyn C.

All I want for Christmas is new helicopter, play toy shoot gun and some dinos.
Jay’den T.

All I want for Christmas is a Spiderman toy and shirt.
Cruz G.

All I want for Christmas is a Batman toy.
Ryan R.

All I want for Christmas is Hello Kitty.
Patience T.

All I want for Christmas is a red truck-Jaxon R.

All I want for Christmas is a remote control car.
Jason R.

All I want for Christmas is an ipad and Sophia doll.
Ashley G.

All I want for Christmas is the dvd Tangled.
Ryleigh B.

All I want for Christmas is a bik.
Myra E.

All I want for Christmas is big giant bike.
Devin W.

All I want for Christmas is a pink computer.
Abrianna W.

All I want for Christmas is Angry Birds video game.
Jose M.

All I want for Christmas is an ipad.
Imelda L.

All I want for Christmas is a bike.
Analise S.

All I want for Christmas is blue cars.
Ethan C.

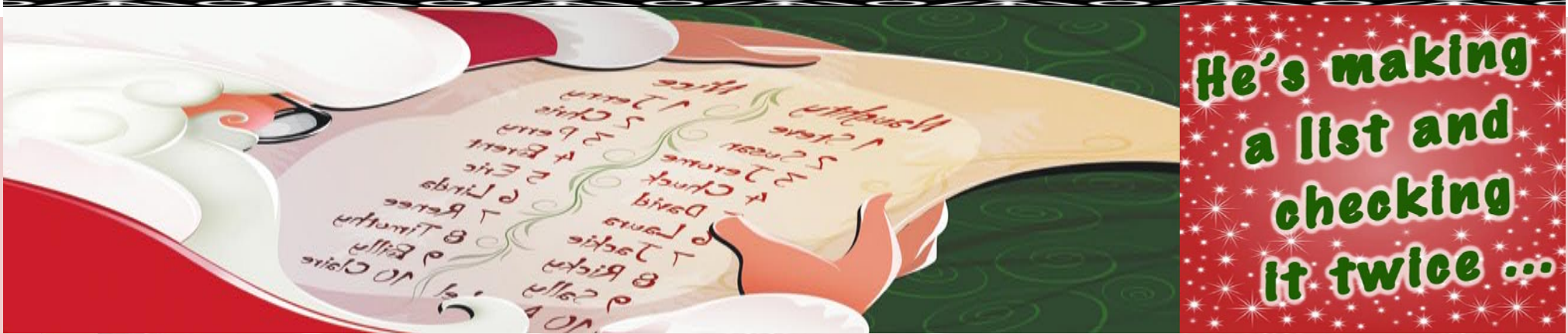
All I want for Christmas is a truck.
Jordan W.

All I want for Christmas is a Barbi.
Hope P.

All I want for Christmas is a helicopter.
Edgar R.

All I want for Christmas is a princess.
Arianna S.





Canton Head
Start Center

My Christmas wish is for a doll. Samantha B.	My Christmas wish is for a truck. Cordell E.
My Christmas wish is for a Spiderman toy. Tristan D.	My Christmas wish is for a Samurai Power Ranger. Anthony S.
My Christmas wish is for a Barbie. Lilyana D.	My Christmas wish is for a monster truck. Justyn H.
My Christmas wish is for a guitar. Anthony H.	My Christmas wish is for a princess car. Jasmine S.
My Christmas wish is for a bike. Bi-Hi-Ya H.	My Christmas wish is for a Barbie. Cheriff C.
My Christmas wish is for a doll. Heaven L.	My Christmas wish is for crayons and markers. Amber B.
My Christmas wish is for a dinosaur. Jarell L.	My Christmas wish is for a Hello Kitty toy. Jada W.
My Christmas wish is for a princess lamp. Tayah L.	My Christmas wish is for a truck. Zerek
My Christmas wish is for a Baby doll. Precious M.	My Christmas wish is for wood blocks. Bryson F.
My Christmas wish is for a dinosaur. Kingston S.	My Christmas wish is for crayons, markers, and paper Michelle F.
My Christmas wish is for a Spiderman toy. Daniel S.	My Christmas wish is for glow sticks. Amaia W.
My Christmas wish is for a dinosaur. Aaron S.	My Christmas wish is for a new tractor. Mason H.
My Christmas wish is for a Digimon dinosaur. Mahdox S.	My Christmas wish is for a car. Alaniyi R.
My Christmas wish is for a Barbie house. Jamie S.	My Christmas wish is for a teddy bear. Faith Y.
My Christmas wish is for a toy horsey. Elyanna S.	My Christmas wish is for a new coloring books. Abbigayle B.
My Christmas wish is for a train. Isaiah T.	My Christmas wish is for a car. Oakley P.
My Christmas wish is for a Buzz Lightyear toy. Hono'u S.	My Christmas wish is for a basketball jacket. Jayden P.
My Christmas wish is for a train. Corey J.	My Christmas wish is for a Spiderman toy. Sylas L.
My Christmas wish is for a doll house. Lilliana R.	My Christmas wish is for a Barbie house. Hailey L.
My Christmas wish is for a toy kitty cat. Cynthia S.	My Christmas wish is for a doctor toys. Donna M.
My Christmas wish is for a stuffed lamb. Graciela G.	My Christmas wish is for a princess doll. Helen R.
My Christmas wish is for a doll house. Camila E.	My Christmas wish is for a Santa book. Amerie S.
My Christmas wish is for a Barbie doll. Presley S.	My Christmas wish is for a pink dress. Jazmine E.
My Christmas wish is for a Power Ranger. Toby S.	
My Christmas wish is for a Choo Choo Train. Elias N.	

list continued ...

Concho Head Start Center list continued

My Christmas wish is for a puzzel. Jesse T.	My Christmas wish is for Spiderman house shoes. Fredric B.
My Christmas wish is for a car. Dominique L.	My Christmas wish is for drawing supplies. Kierra B.
My Christmas wish is for blocks. Carlos J.	My Christmas wish is for a doll. Illiana P.

Concho Child
Development Center

Infant Classroom

I wish for a baby mobile with lights and music. Violet RomanNose	I wish for baby music books. Glory Gray
I wish for a music books. Marie Howell	I wish for teething key rings. Macen Moore
I wish for sensory light up ball. Dallas Howell	I wish for sensory light up ball. Jalen Reed
I wish for sensory music rattles. Alex Halfred	

Toddler Classroom

I wish for doll house. DeyyzLaRae Norris	I wish for cars and trucks. Marco Morales
I wish for a Baby Alive doll. Angelica Gaytan	I wish for a drum set. Ryder Island
I wish for a Cabbage Patch doll. Cayli Pedro	I wish for cars and trucks. D'Michael
I wish for a Baby Alive doll. Audrianna Paukie	I wish for a cabbage patch doll. Caroline Sharp
I wish for a big bouncy ball. Jeffery Elizondo Jr.	

Preschool Classroom

I wish for a Dora kitchen. Abigail Killsnight	I wish for Transformer toys. Carter Murie
I wish for a lot of hair clips and bows. Maisie Hulbutta	I wish for batman toys. Jaxon Murie
I wish for big cars. Terrill Rednose Jr.	I wish for Barbie dolls. Olivia Silva
I wish for Ninja Turtles and a bunch of cars. Xavier Dean	

Big Soldier

continued from pg. 1

In the criminal complaint, filed by acting Attorney General Charles Morris, “...*the Defendant, Steven Big Soldier, an adult Native American male, did intentionally and knowingly remove the victim, a male minor child, from his vicinity, without the consent of his parent or guardian. The defendant unlawfully removed his victim by picking him up and placing his hand over the victim’s mouth and carrying him away. The defendant wrongfully purposely knowingly intentionally engaged in sexual activities with the victim, a male minor child. This*

was committed at Concho, Okla., at the community center, during a tribal function, which is known to be trust land, therefore the Cheyenne and Arapaho courts have jurisdiction.”

The complaint also alleges Big Soldier assaulted two adult female victims by punching one victim in the face with his hands and biting the other victim on the finger.

The defendant appeared before Judge Charles Schindler and was appointed a public defender, Kelly Harris.

Big Soldier entered a plea

of “Not Guilty” for each count. Bond is set “cash only” on each count of \$5000 per offense, for a total cash bond amount of \$25,000.

Big Soldier is currently on probation for a five year suspended sentence in Lincoln County, according to the Lincoln County Court’s office. He has also had charges of driving under the influence, possession of controlled substance and public intoxication in Payne County.

Big Soldier remains in the Kingfisher County Jail.

Formal arraignment is set for Dec. 19, 2013 at 1:30 p.m.

Act of kindness

continued from pg. 5

plaining she had given him every support in life, but felt she could no longer have anything to do with him.

He was from a decent working-class family in which his mother and grandmother had doted on him. He was bright and, despite how he had turned out, had been raised well.

His parents had divorced when he was just nine and he’d been devastated when his father had left home. James began to behave badly at school and at home; by the time he was 16, he had gone off the rails. He had no interest in his education and had never worked a day in his life.

After the police picked him up, he was jailed for four months for around 80 offences of conning hotels and making off without paying, but it was cold comfort to know we were not the only idiots he had fooled.

The police told us he had refused to plead guilty to all the offences, but would have done for us if we’d pressed charges because we had been so kind to him.

I think he was a sad person, not a bad person, but though he was charming and charismatic, he had wasted every opportunity the legal system had given him to reform.

Yes, I do regret taking him in, especially because I was so ill afterwards. If it happened again, I’d ring social services and the police. Of course they have told me I must never let a stranger into my home, but maybe they haven’t heard the story of the Good Samaritan.

Sadly for me, that turned out to be a parable whose lessons I followed and ended up learning something very different - that there can be another, less happy, end to the story.

But I won’t let that one experience from two years ago destroy my trust in others.

You take risks in life and people have taken risks for me, so I want to give something back.

I used to hitch-hike and never had any problems; in fact, the drivers often gave me money for a taxi to finish my journey. So many people have trusted me and I’d like to go on trusting them.

I do accept I was naive, but I would hate to think James is the last person I’ll ever trust. I’d be the loser if that was the case.

Perhaps times are changing, maybe the country is less safe, but at this time of year it would be a terrible thing if we all lost sight of the essence of this season: goodwill towards other people, whoever they are.

EATING well for DIABETES

The holiday season is upon us and that means we typically eat more sweets, treats and candy. Eating in moderation is the smart choice and when we have diabetes we are concerned with our blood glucose and effects sweets may have. We need to monitor the carbohydrates in our diets and sweets contain simple or refined sugars.

Sweets are referred to as empty calories because they provide a lot of energy and very few nutrients.

The American Heart Association recommends limiting sugar to 100 grams a day for women and 150 grams a day for men which is the equivalent of six to nine teaspoons a day.

So what can you do if you want to eat sweets? You can replace the sugar with a non-nutritive sweetener. After extensive testing, the Food and

Drug Administration (FDA) approves artificial sweeteners and if they are approved they receive the designation of GRAS or “generally regarded as safe”.

If you are an adult who weighs 150 lbs., it is safe to consume 97 packets of aspartame and 17 twelve ounce cans of diet soda daily. If you are a 50 lb. child, it is safe to consume 22 packets of sucralose or one 12 ounce can of diet soda.

Aspartame is not very heat stable making it difficult to use in baking but can be used in sodas, gums, yogurts, ice cream, home fruits, puddings fruit salad frozen or cold desserts.

Saccharin is heat stable and can be used in baking, but it is mainly used as a beverage sweetener.

Sucralose is heat stable and is popular to use in bak-

Making Low Sugar Holiday Treats

By Tara Conway, MS, RD/LD, CDE
C&A Diabetes Wellness Program

ing because of its closeness in volume to that of granulated sugar.

Stevia is good for baking. For instructions on use follow the guidelines on the packet.

Splenda is good for baking and it is a one-to-one ratio.

Here are some general guidelines to follow when using artificial sweeteners in baking:

1. One packet of artificial sweetener replaces one to two teaspoons of sugar.

2. Replace half of the sugar in your recipes with a non-nutritive sweetener, remember sugar adds volume and tenderizes so only replace half. You can continue to experiment with the recipe and see how much you can actually replace without giving up taste.

3. Removing or re-

ducing sugar content affects how the product will brown, brush with egg white or top with cinnamon. In cakes you can cover with icing and garnishes.

4. Cookies can be tricky because when you replace sugar they become cake like, flatten as much as possible.

5. Sugar helps preserve baked goods so using artificial sweetener makes them stale sooner, so it is good to store in good container and consume quickly.

For more information on sweeteners contact the Diabetes Wellness Program at (800) 247-4612 ext. 27685. You may also find more information at www.eatright.org.

Source: Diabetes Self-Management Nov/Dec 2013; The Truth About Artificial Sweeteners, Academy of Nutrition and Dietetic Evidence=d based Library.

Cobell payment

continued from pg. 1

checks by the end of October 2013, well it never happened. For the third time all Native American people’s settlement checks are delayed ... once again. The Trust Administration Fund is decreasing, due to the new set of attorneys receiving close to \$12 million every six months while they delay payments to the Native Americans. We are tired of their promises and tired of their lies.”

Protestors at the rally said they have called multiple times to find answers and have been given noth-

ing. The attorneys representing them have already been paid. “... in fact, they are continuing to be paid and its coming out of their settlement.”

The first set of Cobell settlement checks in the amount of \$1,000 were mailed out just before Christmas 2012.

At the protest a drum circle ceremony was performed for those who have died from the beginning of the settlement process, including Eloise Cobell of Montana, who led the fight for the lawsuit and died of cancer in 2011.



Healthy Bites Cooking Classes

12 p.m., Dec. 18, 2013 at the Native American Church building in Concho, Okla.

12 p.m., Dec. 19, 2013 at the Clinton IHS Clinic’s outpatient waiting room in Clinton, Okla. For more information contact Kristie Purdy at (580) 331-3458.

Graduation and 18th Birthday Honor Dance for Daniel Creg Reese Cloud

Dec. 21, 2013 at the Clinton Community Center in Clinton, Okla. Gourd dance at 2 p.m., supper at 5:30 p.m., followed by an evening program at 6:30 p.m.

Watonga Community Committee Christmas Dance

Dec. 21, 2013 at the Watonga Multi-Purpose building in Watonga, Okla. Supper at 6 p.m., with dance to follow. For more information contact Michelle Bigfoot at (405) 219-9329 or Norma Riggles at (580) 791-1290.

Southern Arapaho Gatherings and Events (SAGE) Christmas Dance

Dec. 21, 2013 at the Geary Community Center in Geary, Okla. Gourd dance at 3 p.m., supper at 5 p.m. Honored family, the late Jim Warden’s family, honored elder, Jeannie Karty and honored family flag, Jodi Blue Sky Stevens Jr., U.S. Army. For more information contact Robert Tabor at (405) 301-4558 or Rodney Candy Fire at (405) 884-1289.

Geary Community Christmas Dance

Dec. 22, 2013 at the Geary Community Center in Geary, Okla. Gourd dance begins at 4 p.m. followed by supper at 5 p.m. For more information contact Frank Mosqueda at (580) 450-0914, Toni Cartwright at (405) 687-1165 or Curtis Spottedcorn at (405) 974-0458.

Hammon Holiday Community Christmas Dances

Dec. 24 and 25, 2013 at the Hammon Community Center in Hammon, Okla. Supper at 5 p.m. followed by dance. For more information contact Brenda Byrd at (580) 821-7998 or Byron Byrd at (580) 799-9196 or Cheryl Carter at (580) 275-8387.

Annual New Year’s Eve Sobriety Powwow sponsored by Friends of Sobriety in Memory of Niles Bosin

Dec. 31, 2013 at the Cox Convention Center, 100 Civic Center in Tulsa, Okla. Gourd dance at 1 p.m.. For more information contact Lorraine, at (918) 639-7999 or by email at choctaw1865@yahoo.com.

One Day at a Time Dance for Recovery and Prevention

Jan. 4, 2014 at the Clinton Community Center in Clinton, Okla. Gourd dance begins at 3 p.m., followed by supper at 6 p.m. For more information contact Ruth Bearshield at (580) 821-1667 or email NativesinRecovery13@yahoo.com

First Birthday Dance for Matthew Kendrie Kauley

Jan. 11, 2014 at the Hommon Community Center in Hammon, Okla. Supper at 5 p.m., with dance to follow. Everyone is invited to attend.

Oklahoma City Powwow Club’s New Year’s Dance

2 p.m., Saturday Jan. 25, 2013 at the Centennial Building at the State Fairgrounds in Oklahoma City. For more information contact Berdina Kodaseet at (405) 201-1283.

Special Memorial Services for Paul Travis Rhodes

April 11, 2014 Peyote meeting in Clinton, Okla. Supper at 5:30 p.m.

April 12, 2014 Gourd dance at 2 p.m., supper at 5:30 p.m. at the Concho Community Center in Concho, Okla. For more information contact Donna Martin at (918) 606-1447 or (918) 321-2654.

EVERY 17 SECONDS

someone in the US is diagnosed with diabetes.

NEARLY 1 OUT OF 6 AMERICAN INDIANS/ALASKA NATIVES HAS DIABETES.

COMMON MYTHS

Diabetes doesn't run in my family, so I'm safe.

Diabetes is caused by eating too much sugar.

People with diabetes need to follow a special diet.

THE FACTS

Family history is only one of several risk factors for type 2 diabetes.

Type 2 is caused by genetics and lifestyle factors. Being overweight increases your risk for developing type 2, and a diet high in calories from any source contributes to weight gain. Research has shown that sugary drinks are linked to type 2 diabetes.

People with diabetes benefit from the same healthy diet that is good for everyone else: plenty of whole grains and fruits and vegetables, with a limited amount of fat and refined sugar.

People diagnosed with diabetes, aged 20 years or older.

LEARN MORE ABOUT LIVING WITH TYPE 2 DIABETES AT DIABETES.ORG/TYPE2PROGRAM

1-800-DIABETES (342-2383)

Happy Birthday



Happy 9th Birthday
Angel Bryant Guzman
You are growing up
way to fast.
We love you mom,
dad, D’monic,
Ksystiana, Terry and
Lilyanna



Married
Oct. 1, 2013
James and Laura Lee
Burns Sr.



I would like to wish my
son, Tracy Hornsby, Jr. a
Happy 7th Birthday
on Jan. 24
From mom, Sierra, Seth
and Levi.



I would like to wish my
son, Levi Youngbird-
Pedro a Happy 10th
Birthday from his mom,
Sierra, Seth and baby
Tracy. Dec. 23.



Happy 12th Birthday
James
Dec. 15
Love your family



Happy Birthday to the
most selfless, funniest,
loving, hardworking man
out there, our dad Gordon
Washee. You have always
been here for all of us
and have been such a
supportive dad, you and
mom have also taught us
all so much about being
a good person, about
appreciating the little
things in life, and about
helping others without
expecting anything in
return. We just hope one
day we all can give you
all you have given to us.
We love you sooo much,
and hope you have a
fantastic day!
Love, your honey, and the
wild bunch

I would like to wish
Carla Geniel Standingwater a very
Happy Birthday on Dec. 17
and John William Standingwater on Dec. 26
I would like to wish both of my children a very
Happy Birthday and love you both very much.
Have a good day and just remember that your
mom loves and missed you always.



Thank You!
Stone/Island family would like to thank every-
one who came to pay their respects for Fred L.
Stone Sr. funeral service and even if they could not
have made it, still kept him in mind with a prayer.
The family would like to thank all the people
who donated food, flowers and give aways.
Our hearts goes out to all and we like to say A-
ho to everyone.

You're 15
Happy Birthday
Happy Birthday
Kiona!
The big 1-5!!
Love from all of us,
nana, mom, sister,
uncle, aunt, cousins,
and we can't forget itty
bitty.

Obituaries



In Loving Memory
Peggy Lee Dyer-Corn
Sept. 7, 1965 – Nov. 30, 2013
A wake service was held for Peggy on Dec. 4, 2013 at
the Concho Community Center in Concho, Okla.
The funeral services were held Dec. 5, at the Concho
Community Center in Concho, Okla.



In Loving Memory
Floyd A. Nez
Feb. 3, 1967 – Nov. 20, 2013

West City Medical Center
in Mid-West City, Okla.
Floyd was raised in
Clinton and graduated
from Clinton High School
in 1994. While going to
high school he was also at-
tending Burns Flat Techni-
cal School. He was certified
both in Electronics and Com-
puters. He started his work-
ing career at Bar S Foods and
after working there for five
years he was employed by
the Lucky Star Casino where
he worked in the accounting
department of the vault. He
has been in failing health for
the past couple of years.
He was a member of the
Pentecostal Holiness Church;
he spent countless hours
working on electronics and
computers; he enjoyed play-
ing the guitar and fishing;

In Loving Memory
Carrie Lee Howling Buffalo
July 28, 1930 – Nov. 23, 2013

Carrie Lee Howling Buf-
falo, 83 years old, passed
away peacefully on Nov.
23, 2013, at Mercy Hos-
pital in Watonga, Okla.
Carrie was born in Canton,
Okla. on July 28, 1930 to
Myrtle and Howard Lincoln
Howling Buffalo.
Her parents, her daugh-
ter Marie Kaan, three sis-
ters, Rosie Little Raven,
Cordelia Walker and Imo-
gene Mosqueda, and three
brothers, Hannibal, Lewis,
and Thomas Howling Buf-
falo preceded her in death.
Carrie is survived by her
daughter, Helen Gregory
of Fort Bragg, California,
three sons, Ralph Kaan of
San Francisco, California,

Daniel Kaan of Anchor-
age, Alaska, and Andrew
Kaan, of Dekalb, Texas, her
grandchildren, Jeffrey Greg-
ory (and Leti Reyes), Leah
Gregory, Thomas Kaan, and
Andrew Kaan, Jr., her great
grandchildren Sofia Gregory
and Gia Piva, and a host of
nieces and nephews.
Carrie graduated from
Concho Indian School
in 1950. She then joined
the Women’s Army Corp
(WACS). After her discharge
from the WACS, she mar-
ried and became a home-
maker whose favorite pass
times were sewing, reading,
and spending time with fam-
ily and friends. Carrie lived
in California and Texas for



most of her adult life before
returning to Oklahoma in
2010.
She will be remembered
for her generosity and her
sense of humor, and she will
be dearly missed.
A wake service was held
for Carrie on Nov. 26, 2013 at
the Canton Native American
Gymnasium in Canton, Okla.
The funeral service was held
on Nov. 27, 2013 at Canton
Native American Gymna-
sium in Canton, Okla.



Anna Louise “Tobiie” Old
Crow Williams of Hammon,
Okla., was born on Feb. 25,
1946 and crossed over to
the other side on Oct. 02,
2013. Tobie was preceded
in death by her parents, Clara
and Denny Old Crow and a
daughter, Kerri Lynn “Chop-
sie” Williams.
She is survived by her chil-
dren, Denise Williams, Don
J. Williams, Ace Williams
and Stephanie Williams and
her sisters: Dorothy Jenkins,
Pat Shockley, Marie Mon-
tin, Ruth Whiteskunk, and
her brothers: Malvin Shrum,
George Old Crow, Albert Old
Crow, Kendall Old Crow and
Randall Old Crow as well as

In Loving Memory
Anna Louise “Tobiie” Williams
Feb. 24, 1946 – Oct. 2, 2013

many aunts, uncles, cousins,
nieces, nephews, grandchil-
dren, great-grandchildren
and friends and their loving
families.
Tobiie attended Hammon
High School, where she ex-
celled in basketball and made
a bold prediction to beat
“Leedey” in the district tour-
nament even though Ham-
mon had not beaten Leedey
during the regular basketball
season.
The Hammon girls beat
Leedey to advance in the
playoffs. Tobiie completed
a cosmetology course in
Weatherford, Okla. before
going to Haskell for her LPN
nursing degree, which was
the line of work she pursued
during her lifetime.
Tobiie had many passions
from following OU sports to
attending powwows. There
was no telling where you

might bump into Tobiie, in
her pursuit to have a good
time. Many of the brothers
and sisters relayed stories
of how someone they may
have met for the first time,
would ask, “Your last name
is Old Crow? Do you know
Tobiie?” which would be fol-
lowed by a story of their ex-
perience with Tobiie.
The Williams and Old
Crow families would like
to thank everyone who took
time out of their busy sched-
ule to attend Tobiie’s funeral
service, especially her high
school classmates.
A special prayer and
thanks to the individuals who
brought items for the family
give-away and for helping
prepare and serve the food.
Tobiie’s smile, spirit and fry-
bread will be sadly missed
but never forgotten.



In Loving Memory
Michelle Cora Red Hat
Nov. 25, 1989 – Nov. 21, 2013

An all night wake service was held for Michelle on Nov.
25, 2013 at the Canton Native American Gym in Canton,
Okla.
Funeral services were held on Nov. 26, 2013 at the Can-
ton Native American Gym in Canton, Okla.



In Loving Memory
Ronald Paul Gardner
March 15, 1960 – Nov. 26, 2013

Funerals services were held for Ronald on Dec. 4,
2013 at the Bill Merritt Funeral Chapel in Bethany, Okla.
followed by an interment at Concho Indian Cemetery in
Concho, Okla.

Peace my heart...
Peace, my heart, let the time for the parting be sweet.
Let it not be a death but completeness.
Let love melt into memory and pain into songs.
Let the flight through the sky end in the folding of the
wings over the nest.
Let the last touch of your hands be gentle like the
flower of the night.
Stand still, O Beautiful End, for a moment, and say
your last words in silence.
I bow to you and hold up my lamp to light you on
your way.
~Rabindranath Tagore



CLASSIFIED SECTION

Employment:

Submit a tribal application, resume, diploma(s), transcripts, valid copy of Oklahoma state driver’s license and a copy of CDIB to Personnel Department, P.O. Box 38, Concho, Okla. 73022 or email whaag@c-a-tribes.org.

**Administrative Officer
Food Distribution,
Watonga, Okla.
Closing date: Until filled**

Qualifications:
Twenty-four hours of college coursework minimum. Valid State driver’s license, furnish copy with application. CDL or CDL eligible-class B. Currently certified or eligible for forklift certification. Training and warehouse work experience; familiar with warehouse and loading and unloading safety practices as well as applicable regulations/policies. Experience using computers. Demonstrate experience and ability to relate and communicate well with Indian and Non-Indian individuals/households. Strong organization, writing and communication skills.

SALARY: Negotiable

**Transit Driver II
Tribal Transit Program
El Reno and
Surrounding Area
Closing date: Until filled**

Qualifications:
Valid Oklahoma Class D driver’s license. Pass a pre-employment drug screening and subject to random drug testing. Must be able to lift a minimum of 50 pounds. Communicate to patrons and supervisory any findings or incidents. High School diploma or GED. Cheyenne and Arapaho preference.

SALARY: Negotiable

**Master Teacher, Child
Care Program
Concho Child
Development Center
Closing date: Dec. 17, 2013**

Qualifications:
Required to be at least 18 years of age and have one of the following: AA/AS degree or higher with ECE/CD credit hours, 30 credit hours with at least 12 ECE/CD credit hours, Oklahoma Certificate of Mastery (Early Childhood Education or Child Development), Current Child Development Associate Credential or Current Certified Child-care Professional Credential, Oklahoma Competency Certificate in Early Care and Education (Oklahoma Department of Career Technology and Education’s Master Teacher Certificate ONLY). Must have a valid Oklahoma driver’s license; Must pass a physical exam; Must be able to lift 50lbs. Must be physically fit to work daily with children. Must demonstrate basic knowledge of early childhood development; Must attend staff meetings as well as parent meetings when required; Must submit monthly reports; Must attend workshops; Must have adequate transportation; Must have skills to relate to the community in general; Must pass a criminal background check. Must pass mandatory drug testing. Cheyenne and Arapaho preference.

SALARY: Negotiable

**Curriculum Specialist
Language Program
Closing date: Until filled**

Qualifications:
Bachelor’s degree in education. Experience working with Native population. Academic training, knowledge and experience in foreign language pedagogy, teaching methods and curricula in primary and secondary education settings. Academic training, knowledge and experience in online, hybrid and blended educational settings. Experience developing academic curricula, interactive classroom instruction and student learning. Experience working in close collaboration with skilled staff. Knowledge of academic assessment models and methods sufficient to collaborate with professionals in this area. Organizational and time management skills. Ability to work on multiple projects simultaneously. Set and meet deadlines collaboratively and on individual projects. Experience working in an environment that requires interpersonal communication skills to create and maintain professional collaborative working relationships. Ability to work flexible hours including evenings and weekends. Ability to travel within the Cheyenne and Arapaho service area. Valid Oklahoma driver’s license. Cheyenne and Arapaho preference.

SALARY: Negotiable

**Teaching Specialist
Language Program
Closing date: Until filled**

Qualifications:
Bachelor’s degree in education. Experience working with Native population. Academic training, knowledge and experience in foreign language, teaching methods, and curricula in primary and secondary education. Experience designing and evaluating workshops and other teaching activities. Academic training, knowledge and experience in online, hybrid and blended educational settings. Experience developing academic curricula, interactive classroom instruction and student learning. Skills to critically assess the form and content of instructional materials for use in a wide variety of education settings and by diverse users. Experience working in close collaboration with skilled staff. Knowledge of academic assessment models and methods. Organizational and time management skills. Ability to work on multiple projects simultaneously. Set and meet deadlines. Proficient in grammar, both oral and written. Ability to work flexible hours including evenings and weekends. Ability to travel within the Cheyenne and Arapaho service areas. Posses a valid Oklahoma driver’s license. Cheyenne and Arapaho preference.

SALARY: Negotiable

**Project Inspector, Full-Time/Permanent
Roads Building, Concho,
Okla. or Clinton Satellite
Office, Clinton, Okla.
Closing date: Until filled**

Qualifications:
Familiar with plan reading, able to analyze maps, understand construction specifications and the importance in quality control measures as related to construction activities. Self-motivated individual who is able to work independently with little supervision and able to delegate tasks to various staff members to ensure productiveness in duties and responsibilities. Incumbent should be familiar with construction management and able to demonstrate initiative in assuming responsibilities and work cooperatively with professionals as well as non-professions. Experience in construction and/or grant management is helpful, specifically quality control and assurance. BA in any field of study preferred, associates with at least two years experience in quality control and/or quality assurance acceptable (years may be acceptable to be equivalent to the degree and experience requirements). High school diploma or GED. Understand AutoCad software and/or GPS/GIS software, or like software. Willing to attend various training programs. Must possess current Oklahoma state driver’s license and have reliable transportation. Must pass pre-hire drug screen/test. Cheyenne and Arapaho preference.

SALARY: Negotiable

**Admin. Assistant
Property & Supply
Closing date: Dec. 26, 2013**

Qualifications:
High school diploma or GED certification required. Computer knowledge and skills preferred. Valid Oklahoma State driver’s license. Proficient communication skills, both oral and written. Knowledge of filing procedures with ability to maintain and/or organize department records. Skilled with general office equipment. Ability to work with public in all aspects. Cheyenne and Arapaho preference.

SALARY: Negotiable

**Administrative Assistant
Language Program
Closing date: Until filled**

Qualifications:
Four years of clerical experience or an equivalent of education and experience. High school diploma or GED certification required. Experience working with Native populations. Knowledge of basic data entry. Basic knowledge of spreadsheets. Knowledge of Microsoft Office. Proficient in grammar, both oral and written. Ability to work flexible hours including evenings and weekends. Able to travel within the Cheyenne and Arapaho service areas. Possess a valid Oklahoma driver’s license. Cheyenne and Arapaho preference.

SALARY: Negotiable

**Administrative Clerk—
Department of Enrollment
Tribal Administration
Building
Closing date: Dec.17, 2013**

Qualifications:
High School Graduate or GED with a minimum of three (3) years of administrative or clerical experience. Must have a valid Oklahoma Driver’s License and dependable transportation. Experience in general office procedures, basic desktop computer skills, filing, typing, answering telephones and working with the public. Cheyenne and Arapaho Preference. Regular attendance is a must.

SALARY: Negotiable

**Arapaho Researcher
Language Program
Closing date: Until filled**

Qualifications:
Bachelor’s degree in Linguistics, Native American Studies, Anthropology or related field preferred. Experience working with Native population. Academic training, knowledge and experience in Native American languages and cultures. Skills to critically assess the form and content of language materials. Basic computer skills. Ability to learn audio and video recording skills. Organizational and time management skills to establish and pursue priorities and goals consistent with program mission. Set and meet deadlines collaboratively and on individual projects. Experience working in an environment that requires interpersonal communication skills to create and maintain professional working relationships. Ability to work flexible hours including evenings and weekends. Ability to travel within the Cheyenne and Arapaho service area. Possess a valid Oklahoma driver’s license. Cheyenne and Arapaho preference.

SALARY: Negotiable



Merry
Christmas

To all
of you from the
Cheyenne and Arapaho
Tribal Tribune staff.
May you and your family
be blessed with health,
happiness and prosperity
throughout the New Year.

A.A
meetings
7 p.m.-Every
Wednesday
George Hawkins
Memorial
Treatment Center
East of Clinton
on Airport Road.
For more information
(580) 331-2370

Cheyenne and Arapaho tribes
(405) 262-0345 / (800) 247-4612
www.c-a-tribes.org

Office Clerk
Dept. of Enrollment
Closing date: Dec. 17, 2013

Qualifications:
High School Graduate or GED with a minimum of two years of administrative or clerical experience. Must have a valid Oklahoma Drivers License and dependable transportation. Basic desktop computer skills. Experience in general office procedures, such as filing, typing, answering telephone and working with public. Regular attendance is a must. Must be willing to work other than normal working hours when needed. Must maintain a high degree of confidentiality. Cheyenne-Arapaho preference.

SALARY: \$12.00/HR

save the Date

Healthy Bites
Cooking Class

Clinton — Thursday, December 19th at Noon
IHS Clinic Outpatient Waiting Room

Concho — Wednesday, December 18th at Noon
C & A Native American Church

For information, contact:
Kristie Purdy at (580)331-3458

CLOSING

Cheyenne and Arapaho Tribal offices will be closed Wednesday, Dec. 25, 2013 in observance of Christmas. Offices will reopen Thursday, Dec. 26, 2013 at 8 a.m.
Offices will also be closed Wednesday Jan. 1, 2014 in observance of New Year. Offices will reopen Thursday Jan. 2, 2014 at 8 a.m.

Cheyenne & Arapaho
Tribal College
NEXT RIGHT

ENROLL NOW!

CHEYENNE & ARAPAHOTRIBAL COLLEGE

Cheyenne and Arapaho Tribal College offers four Academic Degree Programs. Associate of Science in Tribal Administration, Associate of Science in American Indian Studies, Associate of Science in General Education and Associate of Science in Children’s Teacher.
CALL (580) 774-3139

TRIBAL TRIBUNE
DEADLINES

At 3 p.m. every 8th and 23rd of the month.
Unless the 8th or 23rd falls on a weekend, it will be the Friday preceding.

Hey Tough Guy!

Next cage fight venue
Jan. 10, 2014 at the Farmers Market in Oklahoma City

*Red Feather MMA adheres to the Oklahoma Boxing Commission standards and Oklahoma State Athletic Commission.

For more information email redfeather_mma@yahoo.com

Broken by failures in the past?
Why do I keep doing this to myself?
Think that you are alone?
Think that is just the way I am?

Turn to God for help and healing. The Bible is the greatest book on RECOVERY.

The 12 Step Overcomers Group meets at 7 p.m. on Tuesdays at the Geary Indian Community Building.

For more information or a ride call
Lydia West at (580) 791-0330

ATHLETES
SPOTLIGHT

Together Everyone Achieves More

Senior, Sampson Woods, is a 5'8 left tackle and defensive end for Kingfisher High School's Yellowjacket Football Team.

When did you first begin playing?
I was in third grade, that is where it all started.

What is it about the sport that you love the best?

Running through the tunnel with your team-mates, because after I run through it I feel energized and ready to go.

What has been your biggest accomplishment in the sport so far?

Having our team become district champions and making it to state last year.

What is your biggest accomplishment in the classroom so far?

Keeping my grades up the first nine weeks.

What are some of your goals, (sports, life, school)?

I have two goal's, first one is joining National Guard and making it into the Mixed Martial Arts (MMA).

What actions are you taking to reach these goals?

Keeping my self in shape and building up my stamina so that I can last in the physical sport, pass my asvab test so that I can get into the military.

What has been the most exciting game you have played in?

I really don't play that much, I would have to say being able to play in the Guymon and Bethel games. I really liked making the tackles.

What is the best advice you have ever been given and who gave you that advice?

My friend showed me a quote on the internet that I has stuck with me and it read;

Pain is temporary, but your glory is forever.

Do you have a saying or motto that you live your life by?

Does not matter how hard you hit, what does matter is hard you get hit and build the strength to keep going.

Who or what inspires you the most?

I don't know what really inspires, well my friend got me involved in Martial Arts, I guess I could say Martial Arts inspires me to keep going.

What work out routine do you have for training in your sport?

I go twice a week and train with the rest of football team early in the morning and I also make my Tae Kwon Do classes and run



a lot.

What is your favorite meal before or after a game?

Chicken and rice.

Who has had the biggest impact on your life?

I really don't have anyone, I will listen to music it helps me escape reality, so I would say music has an impact on me.

What are some of your hobbies (what do you like to do when not playing sports)?

Playing my acoustic guitar, I love playing Black Bird by the Beatles and doing my martial arts.

What kinds of music do you enjoy listening to?

Anything but country music.

What is one thing about you that no one else knows?

I hide my sadness with my smile and I also stole some of Trey's dip.

If you could change one thing in the world, what would it be?

The choices I have made in my past, and my tribe. Now days it seems like our language is fading away, I want to bring back the traditions and the language to the Cheyenne and Arapaho tribes.

What do you someday dream of doing?

Waking up to a day with no problems.

Who is your favorite athlete of all time?

I really don't have one.

Which team is your favorite team?

Kingfisher Jackets

What are your plans after graduating high school?

Go to college and join the National Guard,

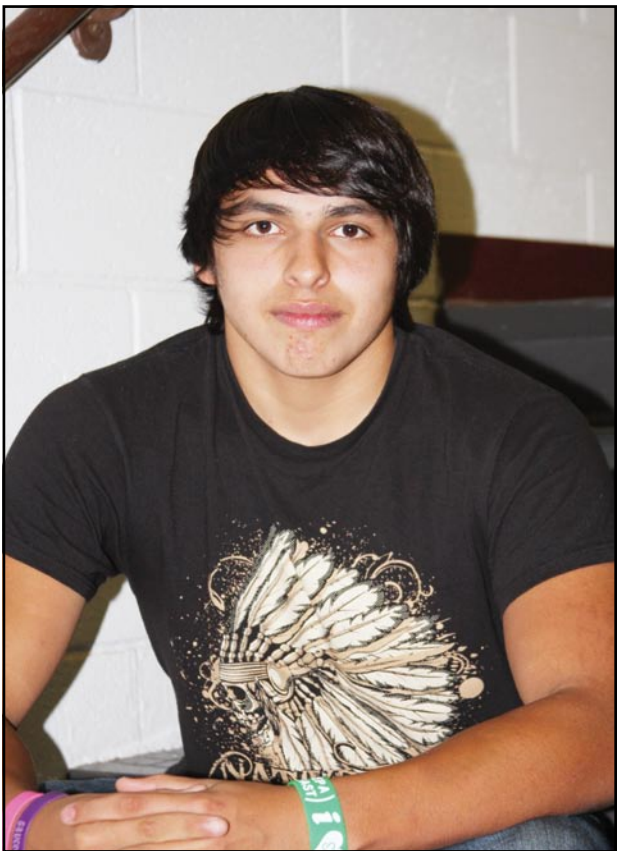


Photo by Rebecka Lyman

Sampson Woods, senior at Kingfisher High School in Kingfisher, Okla.



Photo courtesy of Kingfisher High School

Sampson Woods being honored on senior night.

make for myself a better future.

What would be your advice to younger kids coming up behind you?

Don't ever miss a day of practice and always show your team the support they deserve.

Dance program keeping Native culture alive



Courtesy photos

Tyler Bull Head, 6, performs a traditional fancy Native American dance at South Canyon Lutheran Church in Rapid City.

RAPID CITY, S.D. (AP) _ Ashley Henderson brought tears to her great-grandmother's eyes the first time she performed for her.

The 13-year-old said her 90-year-old matriarch thought a big part of her culture was lost until she watched Ashley and her sister, Angelica, dance the way she used to in their special hand-made outfits.

The sisters originate from the Hidatsa tribe, one of the three affiliate tribes in North Dakota. The family now lives in Box Elder.

"We're the first to bring the culture back to our family," Ashley, a student at Douglas Middle School, told the Rapid City Journal. "She thought the tradition was broken. She always had dreams of us dancing."

Every Wednesday, the two sisters and dozens of other young people and their families fill the Woyatan Lutheran Church in Rapid City for dance practice. The drum

beats and voices reverberate through the halls as Daron White Eagle calls the dancers to the sanctuary.

White Eagle started the club five years ago with eight students as a way to preserve Native American culture for those who live in or near Rapid City.

He said he would go to powwows and see children just running around almost aimlessly.

"I would ask them why they don't dance," White Eagle said. "They said because no one ever taught them."

White Eagle, 54, said it started with an idea and a single drum. Now, the dance troupe has grown to more than 50 dancers, at least two drums, a small powwow ground outside the church and multiple awards for their dancers at powwows throughout the region.

He said it's important as it provides a constructive activity for young people who he says need to keep focused and

busy. And he welcomes people of any ethnicity who are willing to learn.

"If they're here dancing, they're not out there raising heck," White Eagle said. "When we started, we thought maybe we could be that stepping stone. When they come through here, they learn that you don't need drugs and alcohol. You have to be of clear mind and healthy body."

White Eagle enforces strict rules to instill a deep sense of respect for culture, family and themselves in hopes of giving them some of the tools necessary to be successful throughout their lives.

Kenny and Roxy Bull Head said they felt like they found an extension of their family when they discovered the dance troupe soon after moving to Rapid City in March from Mandan, N.D.

The parents of five boys, who range in age from four to nine years old, have strong beliefs about how they want their children to grow up. Unlike many of their peers, the Bull Head boys are not allowed to play video games, for example.

The Bull Head family spends the majority of their time together in the summer going to different powwows. They are nearly always together as all seven mem-

bers either dance or sing. Kenny said they keep the boys immersed in this aspect of their culture because it's a positive use of their time, and it's important that it lives on.

"It's something we want to pass on to them," Kenny, 29, said. "It keeps us busy and it's a lot of time together as a family."

Roxy, 30, said they were excited to find the people at Woytoy Lutheran Church to be so welcoming and the practice to be full of such vibrant energy.

"To have a place to celebrate and come together," she said. "There is a lot of good going on here."

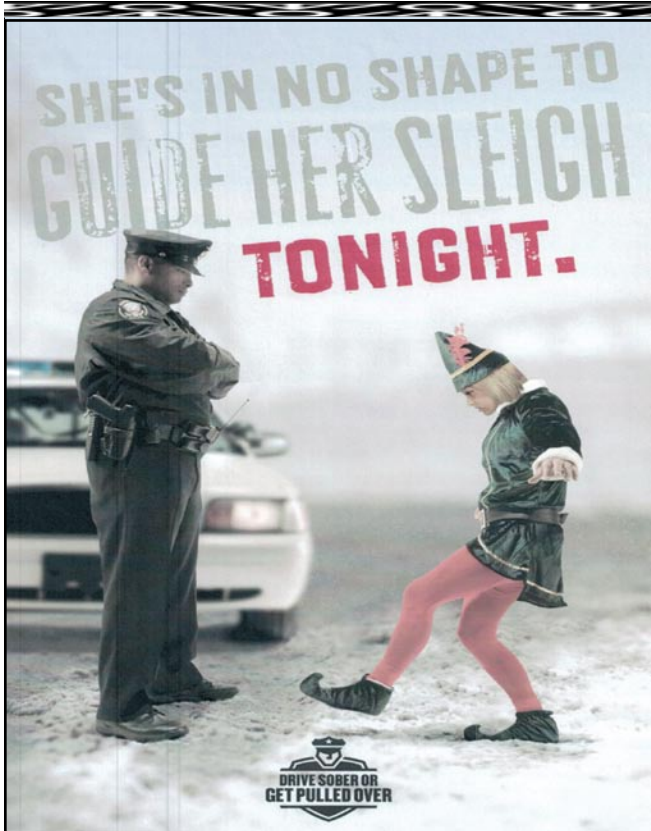
Delores Hayes, 74, echoed the sentiments of those young parents as she sat watching and waiting to dance herself.

She said dancing is something her large family of the Standing Rock Sioux Tribe has always done. She said it is one of the most positive things in the lives of her children, grandchildren and great-grandchildren.

"It gives you a good feeling," Hayes said. "If you feel bad, you just dance and all your problems go away."



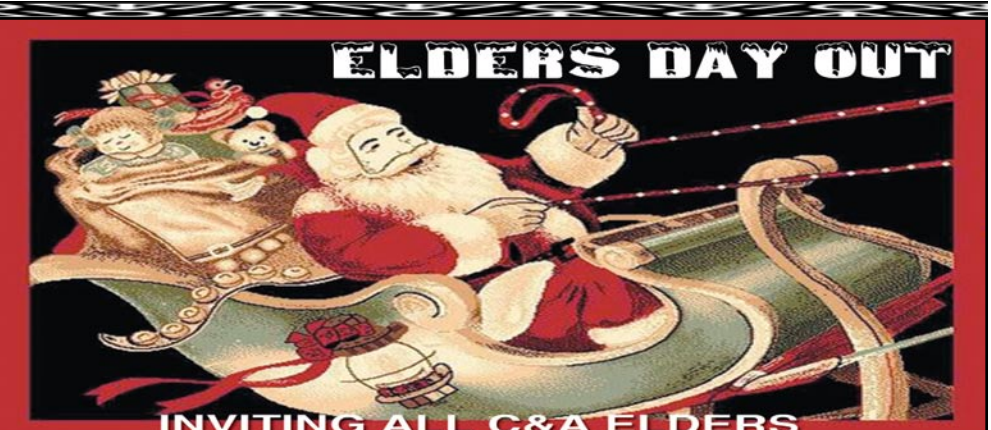
Renzo Bull Head, 8, takes his turn as the drum circle during a performance at the South Canyon Lutheran Church in Rapid City.



Bureau of Indian Affairs' (BIA) Police will again be partnering with tribal agencies across the United states to conduct the BIA Indian Highway Safety Programs "Don't Shatter the Dream" initiative.

We will conduct traffic patrols and checkpoints in the tribal areas to reduce impaired driving and reduce motor vehicle crash injuries and fatalities in Indian Country.

This effort will start on Dec. 12, 2013 and last through Jan. 1, 2014.



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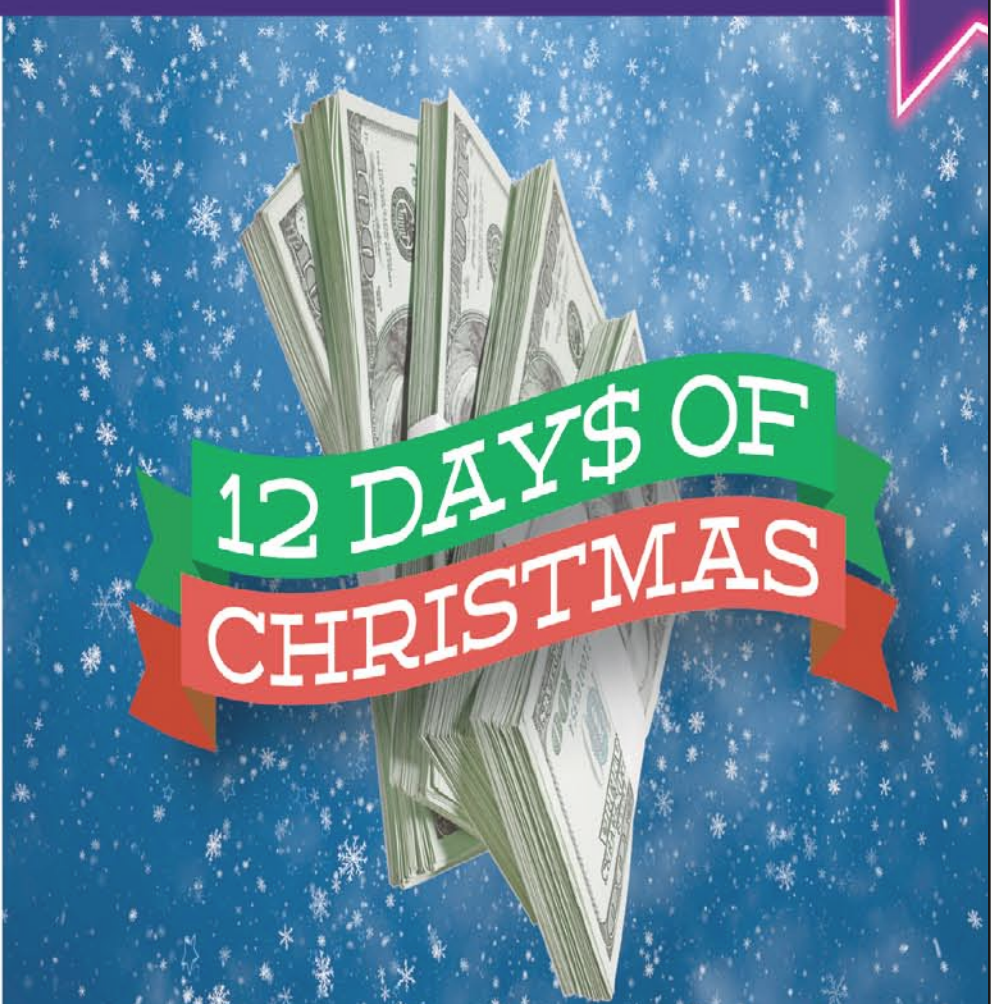


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